

Removable Retainers

Congratulations! You have completed the active part of your orthodontic treatment. You are now ready for the next phase, which we call retention. The objective of retention is to hold the teeth in their new aligned position.

Retainers can easily be lost or broken. If a retainer is lost or broken, please let us know immediately, and please bring it with you to your appointment. Please note that there will be an additional \$150 fee for the lost or broken retainer.

If your retainers don't fit properly, call for an appointment immediately. If not worn for a period of time, retainers may lose their fit and require replacement, along with an applicable \$150 fee per retainer.

DO's

DO wear your retainer 8 hours per day

DO remove while eating

DO keep in the case at all times while not wearing

DO keep them clean. Use toothpaste and a toothbrush to clean your retainers. If you need additional cleaning, soaking in denture cleaner 2x/week for 20 minutes works well!

DO wear them properly so that there is no relapse

DO NOT'S

DO NOT leave them lying out of the retainer case (dogs and cats will chew on them)

DO NOT wrap in napkins while eating

DO NOT put in shirt or pant pocket (they will be broken or forgotten)

DO NOT boil, microwave, or clean with hot water